



classic favorites + HEALTHY TWIST



FRUIT SNACKS COOKIES MUFFINS PROTEINS

all natural • gluten-free • fruit + vegetable powered

Lisa Pounds created Green Plate Foods to prove for her daughter that healthy foods can be delicious. By taking the classic favorites and giving them a healthy twist, Green Plate Foods delivers on a gourmet experience that's actually smart. #cravehealthy

INFO@GREENPLATEFOODS.COM | 713.665.5885 | GREENPLATEFOODS.COM



COOKIES

DOUGH PUCKS + RETAIL 2 PACKS

all natural ■ nutrient-rich ■ gluten-free options

CHOCOLATE CHIP *with zucchini*



Nutrition Facts	
Serving Size 1 Cookie (31g/1.1oz)	
Servings Per Container 180	
Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 15mg	6%
Sodium 30mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 2g	4%
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 4%

INGREDIENTS: WHOLE WHEAT FLOUR, ALL PURPOSE FLOUR, SEMI SWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, SOYA LECITHIN), UNSALTED BUTTER, RAW CANE SUGAR, ZUCCHINI PUREE, EGGS, ORGANIC SUNFLOWER LECITHIN, PURE VANILLA EXTRACT, BAKING SODA, SALT
CONTAINS: WHEAT, EGG, DAIRY

** available in gluten-free*

Food Service	180ct 1.1 oz Frozen Pucks
Retail	2 ct I/W 36 per case
Shelf Life	Baked 9 days Frozen 1 year

ALMOND BUTTER *with sweet potato*



Nutrition Facts	
Serving Size 1 Cookie (31g/1.1oz)	
Servings Per Container 180	
Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 75mg	3%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 3g	7%
Vitamin A 8%	Vitamin C 0%
Calcium 4%	Iron 4%

INGREDIENTS: BARNEY BUTTER ALMOND BUTTER, RAW CANE SUGAR, CUP4CUP GLUTEN-FREE FLOUR (CORNSTARCH, WHITE RICE FLOUR, BROWN RICE FLOUR, MILK POWDER, TAPIOCA FLOUR, POTATO STARCH, XANTHAN GUM), SWEET POTATO PUREE, EGG, MILLED FLAXSEED, ORGANIC SUNFLOWER LECITHIN, BAKING SODA, PURE VANILLA EXTRACT | **CONTAINS: EGG, TREE NUTS, DAIRY**

Food Service	180ct 1.1 oz Frozen Pucks
Retail	2 ct I/W 36 per case
Shelf Life	Baked 9 days Frozen 1 year

OATMEAL RAISIN *with applesauce*



Nutrition Facts	
Serving Size 1 Cookie (31g)	
Servings Per Container 180	
Amount Per Serving	
Calories 110	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 30mg	1%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 2g	4%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

INGREDIENTS: SEEDLESS RAISINS, OLD FASHIONED ROLLED OATS, WHOLE WHEAT FLOUR, RAW CANE SUGAR, UNSALTED BUTTER, UNSWEETENED APPLESAUCE, EGGS, WHEAT GERM, PURE VANILLA EXTRACT, BAKING SODA, SALT, CINNAMON | **CONTAINS: WHEAT, EGG, DAIRY**

Food Service	180ct 1.1 oz Frozen Pucks
Retail	2 ct I/W 36 per case
Shelf Life	Baked 9 days Frozen 1 year

* MADE IN A FACILITY THAT ALSO PROCESSES PRODUCTS CONTAINING WHEAT, DAIRY, SOY, PEANUTS, TREE NUTS AND EGG.

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MUFFINS

BATTERS + RETAIL 2 PACKS

all natural • nutrient-rich • gluten-free options

SUPER BROWNIE *with blueberries + spinach*



Try me as a brownie, too!

Nutrition Facts	
Serving Size 1 Muffin (35g/1.25oz)	
Servings Per Container 230	
Amount Per Serving	
Calories 120	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 60mg	3%
Total Carbohydrate 18g	6%
Dietary Fiber <1g	4%
Sugars 11g	
Protein 2g	3%
Vitamin A 4%	Vitamin C 0%
Calcium 0%	Iron 4%

INGREDIENTS: RAW CANE SUGAR, ALL PURPOSE FLOUR, CANOLA OIL, FRESH BLUEBERRY + SPINACH PUREE, UNSWEETENED COCOA POWDER, EGGS, SALT, BAKING SODA | **CONTAINS: WHEAT, EGG**

** available in gluten-free*

Food Service	2 x 9 lbs tubs	230 - 1.25 oz servings
Retail	2 ct I/W 36 per case	
Shelf Life	baked 3 days frozen 1 year	

ALMOND BUTTER *with sweet potato*



PUT YOUR TWIST ON IT AND PIPE WITH YOUR FAVORITE JAM OR SPREAD!

Nutrition Facts	
Serving Size 1 Muffin (35g/1.25oz)	
Servings Per Container 230	
Amount Per Serving	
Calories 100	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber <1g	4%
Sugars 5g	
Protein 3g	5%
Vitamin A 25%	Vitamin C 0%
Calcium 4%	Iron 4%

INGREDIENTS: SWEET POTATO PUREE, BARNEY BUTTER ALMOND BUTTER, NONFAT GREEK YOGURT, RAW CANE SUGAR, WHOLE WHEAT FLOUR, ALL PURPOSE FLOUR, UNSALTED BUTTER, EGG WHITES, BAKING SODA, BAKING POWDER, SALT | **CONTAINS: WHEAT, EGG, DAIRY, TREE NUTS**

** available in gluten-free*

Food Service	2 x 9 lbs tubs	230 - 1.25 oz servings
Retail	2 ct I/W 36 per case	
Shelf Life	baked 3 days frozen 1 year	

BANANA CHOCOLATE *with butternut squash*



I make a great banana bread!

Nutrition Facts	
Serving Size 1 Muffin (35g/1.25oz)	
Servings Per Container 230	
Amount Per Serving	
Calories 80	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol <5mg	2%
Sodium 55mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	5%
Sugars 7g	
Protein 1g	3%
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 4%

INGREDIENTS: BANANA, SEMI SWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, SOYA LECITHIN), WHOLE WHEAT FLOUR, ALL PURPOSE FLOUR, RAW CANE SUGAR, EGGS, UNSWEETENED APPLESAUCE, BUTTERNUT SQUASH PUREE, PURE VANILLA EXTRACT, BAKING POWDER, BAKING SODA, CINNAMON, SALT | **CONTAINS: WHEAT, EGG**

** available in gluten-free*

Food Service	2 x 9 lbs tubs	230 - 1.25 oz servings
Retail	2 ct I/W 36 per case	
Shelf Life	baked 3 days frozen 1 year	

NUBBLERS™ FRUIT BITES

FOOD SERVICE + RETAIL PACKS

all natural • 5 simple ingredients • gluten-free • vegan

CHERRY CHOCOLATE

5 SIMPLE INGREDIENTS: DRIED CHERRIES, SEMI SWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, SOYA LECITHIN), DRIED CRANBERRIES, UNSWEETENED COCONUT, DRIED DATES | **CONTAINS: COCONUT**



Nutrition Facts Serving Size: 1 item (12g), Servings Per Container: 350, Amount Per Serving: **Calories** 45, Calories from Fat 15, **Total Fat** 2g (3% DV), Saturated Fat 1.5g (6% DV), *Trans Fat* 0g, **Cholesterol** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carbohydrate** 8g (3% DV), Dietary Fiber <1g (3% DV), Sugars 7g, **Protein** 0g (1% DV), Vitamin A (2% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Retail	24 x 8 ct units/case	72 x 2 ct units/case
Food Service	350 ct /case	
Shelf Life	Ambient 12 months Frozen 18 months	

BLUEBERRY PISTACHIO

5 SIMPLE INGREDIENTS: DRIED BLUEBERRIES, RAW PISTACHIOS, DRIED CRANBERRIES, UNSWEETENED COCONUT, DRIED DATES
CONTAINS: COCONUT + PISTACHIO



Nutrition Facts Serving Size: 1 item (12g), Servings Per Container: 350, Amount Per Serving: **Calories** 50, Calories from Fat 25, **Total Fat** 2.5g (4% DV), Saturated Fat 1.5g (8% DV), *Trans Fat* 0g, **Cholesterol** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carbohydrate** 7g (2% DV), Dietary Fiber 1g (5% DV), Sugars 5g, **Protein** <1g (1% DV), Vitamin A (0% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Retail	24 x 8 ct units/case	72 x 2 ct units/case
Food Service	350 ct /case	
Shelf Life	Ambient 12 months Frozen 18 months	

APRICOT CRANBERRY

5 SIMPLE INGREDIENTS: DRIED APRICOTS (UNSULPHURED), DRIED CRANBERRIES, OLD-FASHIONED OATS, UNSWEETENED COCONUT, DRIED DATES
CONTAINS: COCONUT



Nutrition Facts Serving Size: 1 item (12g), Servings Per Container: 350, Amount Per Serving: **Calories** 40, Calories from Fat 5, **Total Fat** 0.5g (1% DV), Saturated Fat 0g (2% DV), *Trans Fat*, **Cholesterol** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carbohydrate** 8g (3% DV), Dietary Fiber <1g (4% DV), Sugars 6g, **Protein** 0g (1% DV), Vitamin A (4% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Retail	24 x 8 ct units/case	72 x 2 ct units/case
Food Service	350 ct /case	
Shelf Life	Ambient 12 months Frozen 18 months	

* MADE IN A FACILITY THAT ALSO PROCESSES PRODUCTS CONTAINING WHEAT, DAIRY, SOY, PEANUTS, TREE NUTS AND Egg.

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GLUTEN-free

FOOD SERVICE + RETAIL OPTIONS

proven recipes • safe • convenient • affordable

NUBBLERS



CHERRY CHOCOLATE

5 SIMPLE INGREDIENTS: DRIED CHERRIES, SEMI SWEET CHOCOLATE (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, SOYA LECITHIN), DRIED CRANBERRIES, UNSWEETENED COCONUT, DRIED DATES.

Nutrition Facts Serving Size: 1 item (12g), Servings Per Container: 350, Amount Per Serving: **Calories** 45, Calories from Fat 15, **Total Fat** 2g (3% DV), Saturated Fat 1.5g (6% DV), **Trans Fat** 0g, **Cholesterol** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carbohydrate** 8g (3% DV), Dietary Fiber <1g (3% DV), Sugars 7g, **Protein** 0g (1% DV), Vitamin A (2% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

BLUEBERRY PISTACHIO

5 SIMPLE INGREDIENTS: DRIED BLUEBERRIES, RAW PISTACHIOS, DRIED CRANBERRIES, UNSWEETENED COCONUT, DRIED DATES.

Nutrition Facts Serving Size: 1 item (12g), Servings Per Container: 350, Amount Per Serving: **Calories** 50, Calories from Fat 25, **Total Fat** 2.5g (4% DV), Saturated Fat 1.5g (8% DV), **Trans Fat** 0g, **Cholesterol** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carbohydrate** 7g (2% DV), Dietary Fiber 1g (5% DV), Sugars 5g, **Protein** <1g (1% DV), Vitamin A (0% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

APRICOT CRANBERRY

5 SIMPLE INGREDIENTS: DRIED APRICOTS (UNSULPHURED), DRIED CRANBERRIES, OLD-FASHIONED OATS, UNSWEETENED COCONUT, DRIED DATES.

Nutrition Facts Serving Size: 1 item (12g), Servings Per Container: 350, Amount Per Serving: **Calories** 40, Calories from Fat 5, **Total Fat** 0.5g (1% DV), Saturated Fat 0g (2% DV), **Trans Fat** 0g, **Cholesterol** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carbohydrate** 8g (3% DV), Dietary Fiber <1g (4% DV), Sugars 6g, **Protein** 0g (1% DV), Vitamin A (4% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

COOKIES

ALMOND BUTTER *with sweet potato*



INGREDIENTS: BARNEY BUTTER ALMOND BUTTER, RAW CANE SUGAR, CUP4CUP GLUTEN-FREE FLOUR (CORNSTARCH, WHITE RICE FLOUR, BROWN RICE FLOUR, MILK POWDER, TAPIOCA FLOUR, POTATO STARCH, XANTHAN GUM), SWEET POTATO PUREE, EGG, MILLED FLAXSEED, ORGANIC SUNFLOWER LECITHIN, BAKING SODA, PURE VANILLA EXTRACT.

Nutrition Facts Serving Size: 1 Cookie (31g), Servings Per Container: 180, Amount Per Serving: **Calories** 130, Calories from Fat 60, **Total Fat** 6g (10% DV), Saturated Fat 0g (2% DV), **Trans Fat** 0g, **Cholesterol** 10mg (3% DV), **Sodium** 75mg (3% DV), **Total Carbohydrate** 16g (5% DV), Dietary Fiber 2g (8% DV), Sugars 10g, **Protein** 3g (7% DV), Vitamin A (8% DV), Vitamin C (0% DV), Calcium (4% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

CHOCOLATE CHIP *with zucchini*



INGREDIENTS: CUP4CUP GLUTEN-FREE FLOUR (CORNSTARCH, WHITE RICE FLOUR, BROWN RICE FLOUR, MILK POWDER, TAPIOCA FLOUR, POTATO STARCH, XANTHAN GUM), CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, SOYA LECITHIN) UNSALTED BUTTER, RAW CANE SUGAR, EGGS, ZUCCHINI PUREE, GROUND FLAXSEED, ORGANIC SUNFLOWER LECITHIN, PURE VANILLA EXTRACT, BAKING SODA, SALT.

Nutrition Facts Serving Size: 1 Cookie (31g/1.1oz), Servings Per Container: 180, Amount Per Serving: **Calories** 140, Calories from Fat 70, **Total Fat** 8g (12% DV), Saturated Fat 4.5g (22% DV), **Trans Fat** 0g, **Cholesterol** 20mg (7% DV), **Sodium** 30mg (1% DV), **Total Carbohydrate** 17g (6% DV), Dietary Fiber <1g (3% DV), Sugars 8g, **Protein** 1g (2% DV), Vitamin A (4% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

MUFFINS

BANANA CHOCOLATE *with butternut squash*



Nutrition Facts Serving Size: 1 muffin (35g/1.25oz), Servings Per Container: 230, Amount Per Serving: **Calories** 80, Calories from Fat 15, **Total Fat** 1.5g (3% DV), Saturated Fat 1g (5% DV), **Trans Fat** 0g, **Cholesterol** 5mg (2% DV), **Sodium** 50mg (2% DV), **Total Carbohydrate** 17g (6% DV), Dietary Fiber <1g (3% DV), Sugars 8g, **Protein** <1g (2% DV), Vitamin A (0% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: BANANA, CUP4CUP GLUTEN-FREE FLOUR (CORN STARCH, WHITE RICE FLOUR, BROWN RICE FLOUR, MILK POWDER, TAPIOCA FLOUR, POTATO STARCH, XANTHAN GUM), CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, SOYA LECITHIN), CANE SUGAR, EGGS, BUTTERNUT SQUASH PUREE, UNSWEETENED APPLESAUCE, PURE VANILLA EXTRACT, BAKING POWDER, BAKING SODA, CINNAMON, SALT.

SUPER BROWNIE *with blueberries + spinach*



Nutrition Facts Serving Size: 1 muffin (35g/1.25oz), Servings Per Container: 230, Amount Per Serving: **Calories** 130, Calories from Fat 50, **Total Fat** 6g (9% DV), Saturated Fat 0.5g (3% DV), **Trans Fat** 0g, **Cholesterol** 10mg (3% DV), **Sodium** 65mg (3% DV), **Total Carbohydrate** 19g (6% DV), Dietary Fiber <1g (3% DV), Sugars 11g, **Protein** 1g (2% DV), Vitamin A (4% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: RAW CANE SUGAR, CUP4CUP GLUTEN-FREE FLOUR (CORN STARCH, WHITE RICE FLOUR, BROWN RICE FLOUR, MILK POWDER, TAPIOCA FLOUR, POTATO STARCH, XANTHAN GUM), CANOLA OIL, GPF BLUEBERRY + SPINACH PUREE, UNSWEETENED COCOA POWDER, EGGS, SALT, BAKING SODA.

ALMOND BUTTER *with sweet potato*



Nutrition Facts Serving Size: 1 Muffin (35g/1.25oz), Servings Per Container: 230, Amount Per Serving: **Calories** 110, Calories from Fat 45, **Total Fat** 5g (8% DV), Saturated Fat 1g (5% DV), **Trans Fat** 0g, **Cholesterol** <5mg (1% DV), **Sodium** 120mg (5% DV), **Total Carbohydrate** 13g (4% DV), Dietary Fiber <1g (2% DV), Sugars 5g, **Protein** 2g (4% DV), Vitamin A (25% DV), Vitamin C (0% DV), Calcium (4% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: SWEET POTATO PUREE, BARNEY BUTTER ALMOND BUTTER, CUP4CUP GLUTEN-FREE FLOUR (CORNSTARCH, WHITE RICE FLOUR, BROWN RICE FLOUR, MILK POWDER, TAPIOCA FLOUR, POTATO STARCH, XANTHAN GUM), NONFAT GREEK YOGURT, RAW CANE SUGAR, UNSALTED BUTTER, EGG WHITES, BAKING SODA, BAKING POWDER, SALT.

PROTEINS

RAW + FULLY COOKED

all natural • hormone-free • nutrient-rich • gluten-free

TURKEY VEGGIE BITES



Nutrition Facts	
Serving Size 4 Pieces (81.5g/2.87 oz)	
Servings Per Container About 58	
Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 2.5g	11%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 440mg	18%
Total Carbohydrate 10g	3%
Dietary Fiber <1g	2%
Sugars <1g	
Protein 12g	23%
Vitamin A 35%	Vitamin C 2%
Calcium 2%	Iron 4%

INGREDIENTS: ALL NATURAL LEAN GROUND TURKEY, GPF VEGETABLE PUREE (CARROTS, ONIONS, SPINACH), BROWN RICE CRISPIES, PARMESAN CHEESE, EGG, TOMATO PASTE, SALT, PARSLEY, BLACK PEPPER | **CONTAINS: EGG, DAIRY**

Food Service	2 X 5 LBS Bags
Raw .75 oz / piece	Fully Cooked .68 oz / piece
Shelf Life	Frozen 1 year

**KID TESTED
MOM APPROVED**

CHICKEN NUGGETS



Nutrition Facts	
Serving Size 4 Nuggets (98g/3.5oz)	
Servings Per Container About 46	
Amount Per Serving	
Calories 180	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 90mg	31%
Sodium 400mg	17%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 18g	37%
Vitamin A 2%	Vitamin C 0%
Calcium 4%	Iron 6%

INGREDIENTS: HORMONE FREE LEAN GROUND CHICKEN, ONION POWDER, GARLIC POWDER, GROUND MUSTARD, GROUND WHITE PEPPER, KOSHER SALT, GARBANZO BEAN PUREE, WHITE RICE FLOUR, CORNSTARCH, WATER, SKIM MILK, EGGS, BROWN RICE CRISPIES, PARMESAN CHEESE | **CONTAINS: EGG, DAIRY**

Food Service	2 X 5 LBS Bags
Raw .95 oz / piece	Fully Cooked .85 oz / piece
Shelf Life	Frozen 1 year

**KID TESTED
MOM APPROVED**

* MADE IN A CERTIFIED GLUTEN-FREE FACILITY THAT ALSO PROCESSES PRODUCTS CONTAINING DAIRY, SOY, TREE NUTS, PEANUTS AND EGG.